

Arlington Recreation Fall Program 2008

Registration Information:

**Mail-In, On-Line,
Fax & Walk-in
Registration:
August 25**

**Out-Of-Town
Residents:
September 1**

Arlington Recreation
Department
422 Summer Street
www.arlingtonma.gov
781-316-3880

Photo courtesy of
Mark Namchuk



Arlington Recreation...Sign Me Up! Register Online at www.arlingtonma.gov

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Recreation Department Phone Numbers

Main Number	781-316-3880
Fax Number	781-641-5495
Field/Program Cancellation	781-316-3886
Ice Rink	781-316-3887

Director's Corner

Hi Everyone,

On behalf of the entire Arlington Recreation staff and the Park and Recreation Commission I would like to thank each of you for your continued support. Arlington Recreation realizes the difficult financial times that we are currently in as a community and as a nation. Arlington Recreation will continue to offer a variety of programs at the lowest cost possible and will also be looking to offer more free community events that the entire family can enjoy.

I cannot emphasize enough that Arlington Recreation will never turn a child away from a program because of financial hardship. Arlington Recreation receives scholarship funding from the Community Development Block Grant. These funds are there for the residents of Arlington to utilize. If anyone ever has any questions or concerns over the scholarship process or program funding, please contact me at your convenience.

As always, if you have any questions, comments, or program feedback for us please contact us at your convenience. Again, thank you for your continued cooperation and support of the Arlington Recreation Department.

Sincerely,
Joseph J. Connelly
Director of Recreation

Print Aspects Ad

Trips and Special Events

All trips are coordinated through Celebration Tours/Prime Travel. Payment is made to the Arlington Recreation Department. If the minimum number of participants is not acquired full refunds will be granted. Trips may now be paid for with cash, check and credit card (Mastercard, Visa, Discover). Whenever possible trip pick-up and drop-off will be from the Arlington Recreation Department at 422 Summer Street. If there are only a few participants signed-up, trip pick-up and drop-off may be at a nearby location. All trip prices include taxes and gratuities for included features except customary gratuities to driver and escort.

Saturday, September 20, 2008

39th Annual Scallop Festival Code 600909

Cost: \$89 per person. Join us on a deluxe air conditioned, lav-equipped motorcoach transportation. Enjoy beautiful Cape Cod Canal in Buzzards Bay. Dinner includes traditional fried scallop feast or glazed apricot chicken with French fries, cole slaw, roll and butter. Delightful narrated cruise of the Cape Cod Canal. Also a stop at the famous Christmas Tree Shop.

Saturday, September 20, 2008

Walter V. Moynihan Town Day Run

The Town Day Road Race is being held on Saturday, September 20th at the Arlington High School. Enjoy this 2.7 mile course as it heads down Mass Ave, and then returns on the Bike Path. Registration starts at 7:30am with race time starting at 8:30am. Register the day of the race or prior to the event at Arlington Recreation. Pre-Race registration is \$10 and day of event registration is \$12. This event is sponsored by Arlington Recreation, Boys & Girls Club and Fidelity House.

Monday, September 29, 2008,

Arlington Recreation Inaugural Golf Tournament

Hillview Country Club, North Reading, MA

12:30pm: Registration • 1:30pm: Shotgun Start

\$125 per player Checks payable to Arlington Recreation

18 Hole-Scramble, 2-Mulligans, Carts Donuts and Coffee
Southwestern Buffet Lunch

Top 3 Places in Each Division Receive Awards Long Drive, Closest to Pin, Closest 2nd Shot Competitions

Divisions will be formulated based on team handicap, each group must use 2 drives from each member of the foursome.

Net proceeds of the event will go to the Arlington Recreation Department & Arlington Sports Center. Arlington Recreation & the Arlington Sports Center are 100% self-supporting enterprise funds. Help us continue to offer quality programming and services at a reasonable cost.

SPONSORS: Any business or individual interested in sponsoring a hole for \$150 or making a donation, please call Joe Connelly at 781-316-3881.

Saturday, November 22, 2008

New York City Shopping Code 600915

Cost: \$69 per person. Join us for a day of shopping in New York City. Trip includes round trip deluxe motorcoach and plenty of time for shopping. Enjoy the hustle and bustle of the city as it is decorated for the holiday season.

**Need A Space To Hold Your Next Event?
Looking for an Inclement Weather Location?**

Consider Renting the Gibbs Gymnasium!

Arlington Recreation rents the Gibbs Gymnasium and Lower Level Classroom to the public. Facility is open Monday – Saturday 8am – 10pm, Sunday 1pm – 5pm. Single-Use or Long-Term options available! Rental Fee for each space is \$40 per hour.

**For complete details or to book your space,
call Arlington Recreation at 781-316-3884.**

Advertise Your Business or Sponsor a Special Event!!!

There are yearly options available for businesses to advertise at the Veteran's Memorial Sports Center.

Options include banners, illuminated signage, Zamboni, scoreboard, and message board.

If interested in advertising or to receive further information on available options,

Contact Dave at 781-316-3882.

Veterans' Memorial Sports Center

The Veteran's Memorial Sports Center is an indoor ice facility located at 422 Summer Street in Arlington. The facility includes a regulation size rink of 85' x 185' with spectator seating for 1,085 people. Complete snack bar service (hours vary) and vending machines are available in the main lobby, along with skate rental and sharpening. Team rooms are provided for those renting ice time. The Veteran's Memorial Sports Center is open to the public during the months of September through March. The rink is a great place to host a school field trip or birthday party. For rental or event information, contact Dave Cunningham, Facilities Manager at 781-316-3882.

Public Skating Schedule

September 19 – March 30

\$3.00 children (16 & under) & seniors \$6.00 adults

Mondays: 12:00pm – 1:50pm

Thursdays: 9:00am – 11:00am

Fridays: 11:00am – 1:00pm; 2:30pm – 4:30pm; 7:00pm – 9:00pm

Saturdays: 4:00pm – 5:50pm

Sundays: 9:30am – 11:30am; 2:00pm – 4:00pm

Extra Public Skate, Special Events & Kids Stick Practice

October 13	10:00am – 11:50am	Kids Stick and Puck
	12:00pm – 1:50pm	Public Skating
October 31	2:30pm – 4:30pm	Halloween Skate – Wear a costume and get in free
November 4	11:00am – 12:50pm	Public Skating
November 11	11:00am – 12:50pm	Public Skating
December 2	11:00am – 12:50pm	Public Skating
December 3	11:00am – 12:50pm	Kids Stick and Puck
December 4	11:30am – 1:30pm	Public Skating

Dates Public Skate NOT Held

October 31 No Public Skating 7:00pm – 9:00pm

November 27 Closed for Holiday

December 21 No Public Skating

December 26 – January 1st No Public Skating

Ice Rental Fees

Call Dave Cunningham, Facility Supervisor, at 781-316-3882 for complete details or an open ice time schedule. Groups rental fees: \$200.00/50 minimum block \$210.00/60 minimum block

Discount & Gift Tickets Available

Public skating Gift passes are available for purchase at the Arlington Recreation Office or Sports Center. Purchasing a pass is economical!!! These passes also make great birthday gifts or stocking stuffers for friends and family.

Individual Passes: \$3.00 child & senior, \$6.00 adult

10-visit punch passes: \$27.00 child & senior, \$54.00 adult

Skate Rentals & Sharpening

The Arlington Sports Center offers Skate Rentals & Sharpening for \$5.00 per pair or purchase a 10 punch pass for \$50 (11th service is FREE)!! During public skating, regular business hours, and/or by appointment.

Men's Stick Practice

Ages: 18 years and up

Date: Thursdays, starting September 18 (x:11/27, 12/4, 12/25)

Time: 11:45am – 1:45pm

Cost: \$5/day per person

Women's Stick Practice

Ages: 18 years and up

Date: Fridays, starting September 19 (x:12/26)

Time: 9:30am – 10:50am

Cost: \$5/day per person

Ice Skating Classes

Classes will be held at the Sports Center with students grouped according to age and ability. Participants must provide their own single-blade skates or may rent for \$5/pair or \$25/session. Helmets are required for all skaters. Don't forget to dress warm...bring hats and gloves!!! All lessons held at the Veteran's Memorial Skating Rink (422 Summer St).

Special Needs Skating

Code 120204

(A1): Saturdays, December 6 – January 31 (x: 12/27, 1/3)

Time: 10:50am – 11:40am

Cost: \$60 (w/o rentals) \$85 (w/ rentals)

Join Arlington Catholic Coaches and AC Hockey Players for 50 minutes of supervised free skate time. Program is open to children with special needs from 6 years of age and up. Please note parents will not be allowed on the ice during instruction. Participants are required to provide their own single blade skates or rent for an additional \$25.00 per session. Helmets are required!!!

Tot Skate

Code 110203

Ages: 1 1/2 to 4 years (with parent)

(A1): Tuesdays, September 23 – October 28

(B1): Tuesdays, November 4 – December 9

Time: 9:30am – 10:15am

Cost: \$60.00 for a 6-week session or \$12 per drop-in lesson.

Beginning ice skating made simple and fun!!! Introduce your child to the exciting sport of ice skating. Instructors emphasize proper balance and control. Parents and children are required to provide their own single blade skates or rent for an additional \$20.00 per session. Helmets are required!!!

Veterans' Memorial Sports Center

Tot Hockey

Code: 120106

Ages: 3 – 6 years

(A1): Mondays, September 29 – November 3
(x: 10/13)

(B1): Mondays, November 10 – December 8

Time: 11:00am – 11:30am

Cost: \$60 for 6 weeks!



This program is intended to help your child develop skills for better balance and foot motion, emphasizing skating concepts and having fun through ice hockey games. Full helmet with cage, knee & elbow pads, gloves, stick, and single blade skates are required.

Preschool Skate

Code 120202

Ages: 4 – 5 years

(A1): Fridays, Sept. 26 – Oct. 31

(B1): Fridays, Sept. 26 – Oct. 31

(C1): Wednesdays, Sept 24 – Oct. 29

(D1): Tuesdays, Sept 23 – Oct. 28

(E1): Tuesdays, Sept 23 – Oct. 28

(A2): Fridays, Nov 7 – Dec 19 (x: 11/28)

(B2): Fridays, Nov 7 – Dec 19 (x: 11/28)

(C2): Wednesdays, Nov 5 – Dec 10

(D2): Tuesdays, Nov 4 – Dec 9

(E2): Tuesdays, Nov 4 – Dec 9

Cost: \$60 (w/o rentals) \$85 (w/ rentals)

Time: 1:00pm – 1:30pm

Time: 1:45pm – 2:15pm

Time: 2:30pm – 3:00pm

Time: 10:30am – 11:00am

Time: 1:00pm – 1:30pm

Time: 1:00pm – 1:30pm

Time: 1:45pm – 2:15pm

Time: 2:30pm – 3:00pm

Time: 10:30am – 11:00am

Time: 1:00pm – 1:30pm

Basic instruction and open skate for youth, without parents. Children will be taught how to stand up on skates, marching, dips, and forward skate. Participants are required to provide their own single blade skates or rent for an additional \$25.00 per session. Helmets are required!!!

Wednesdays

Beginners/Intermediate Skate

Code 120201

Ages: 5 years and up

(C1): Wednesdays, Sept 24 – Oct. 29

(D1): Wednesdays, Sept 24 – Oct. 29

(C2): Wednesdays, Nov 5 – Dec 10

(D2): Wednesdays, Nov 5 – Dec 10

Cost: \$72 (w/o rentals) \$97.00 (w/rentals)

Time: 3:00pm – 3:50pm

Time: 4:00pm – 4:50pm

Time: 3:00pm – 3:50pm

Time: 4:00pm – 4:50pm

Join Arlington Recreation's, Alice Nichols and staff for this 50-minute class. Instruction will teach beginner and intermediate skills for youth. Students are grouped according to age and ability. Students will learn basic forward and backward skating, backwards wiggles, and snow-plow stops. Participants are required to provide their own single blade skates or rent for an additional \$25.00 per session. Helmets are required!

Saturdays

Bay State Skating School Learn To Skate Program

Code 120201

Ages: 5 years and up

(A1): 7-week session, Saturdays, September 27 – November 8

Time: 11:50am – 12:40pm,

Cost: \$126 (w/o rentals) \$156.00 (w/rentals)

(B1): 6-week session, Saturdays, November 15 – December 20

Time: 11:50am – 12:40pm,

Cost: \$108 (w/o rentals) \$133 (w/rentals)

(C1): 10-week session; Saturdays, January 10 – March 14

Time: 11:50am – 12:40pm,

Cost: \$180 (w/o rentals) \$225 (with rentals)

It's time to sharpen your blades for the coming winter season! Join Bay State Skate for skating fun. All teachers are professional ice skating instructors offering excellent classes for students ages 5 and up. The program is structured in 25-minute lessons and 25-minute practice time each week. A co-instructor is in attendance at all times. Students may wear either figure skates or hockey skates. Bay State Skating School provides over 38 years of experience teaching lessons to the public! Participants are required to provide their own skates or rent for an additional \$5.00 per session with one session free. Helmets are required!

Adult Skating

Code 140401

Ages: 18 + years

(A1): Tuesdays, September 23 – October 28

Time: 12:00pm – 12:45pm

Cost: \$60 (w/o rentals) \$85 (with rentals)



You asked for it, we are delivering!! Adult beginner skate lessons are now being offered. Adult skating is gaining popularity – join the fun! A great workout and a chance to meet other Arlington residents!

Women's Hockey

Code 140106

Ages: 18 + years

Date: Wednesdays, October 1 – December 10 (x: 11/26)

Time: **(A1):** Beginners 1:00pm – 1:50pm

(A2): Intermediate 12:00 noon — 12:50pm

Cost: \$150.00 for 10 weeks!

Equipment Required: helmet, skates, hockey gloves, knee & elbow pads, and stick.

Arlington Recreation is now offering an adult recreational, non-contact hockey program for women! The program is designed for beginning/intermediate levels, focusing on skating, stick handling, shooting and team play. All women are encouraged to join, regardless of past experience! Childcare is available during the program at the rink for those who participate.

Toddler & Youth Classes

Toddlers and Two's

Ages: 15 – 36 months (with parents)

When: Every Wednesday & Friday beginning September 3
(x: 11/28, 12/26, 12/31)

Time: 9:30am – 11:00am

Where: Gibbs Gym

Cost: \$45/10 visit pass or \$5 drop-in per child

Come take part in our newly restructured toddler program. This program takes place in an open gymnasium with numerous play stations. There is a kitchen area, an extensive library corner, a bouncy house, multiple riding toys, as well as a large matted area with basic gymnastics equipment, slides, and climbing structures. We will also be offering a new music program with a sing-a-long session and basic instruments, on Wednesdays, in the lower classroom. On Fridays, we will offer an arts program with a scheduled project. Free coffee will also be available. This program will not meet during holidays, school holidays, or inclement weather.

Fantastic Gymnastics

Code 110102

Ages: 18 months – 3 years (with parent)

(Children should be good walkers)

(A1): Tuesdays, September 16 – October 21

(B1): Tuesdays, November 11 – December 9

Time: 9:30am – 10:10am

Where: Gibbs Gym

Cost: \$74 for 6 weeks!



This class is perfect for the two year old that is ready for some running, jumping, and learning some basic gymnastic skills. Parents work with their children on basic motor skills on the floor, mini bars, low beam, and vault. Class format uses shape courses, balance, swinging, and bouncing areas. The instructor communicates through the adult to help accomplish the goals for the child. Program run by Tanya Dall.

Fantastic Gymnastics

Code 120103

Ages: 3 – 5 years

(A1): Tuesdays, September 16 – October 21

(B1): Tuesdays, November 11 – December 9

Time: 10:15am – 11:00am

Where: Gibbs Gym

Cost: \$74 for 6 weeks!

This program includes structured gymnastics instruction as well as learning introductory gymnastics routines on the floor, mini bars, low beam, and child-sized vault. Children will learn proper warm-up and stretching techniques, listening skills, turn taking, and peer interaction. Taught by Tanya Dall.

Mystic River Musik

Code 120905

Ages: 16 months – 3.5 years

(A1): 9-week session, Thursdays, September 25 – December 4
(X: 10/9, 11/27)

Time: 10:15am – 11:00am

Cost: \$150

Where: Classes will be held on the first floor of the
Arlington Senior Center, Maple Street

Come join us for a rousing, energetic music and movement class! We will dance, sing, learn fingerplays and lap-bounces, and move to music in varied and exciting ways. Age-appropriate materials and instruments will be used and explored. Siblings welcome, eight months and up.

Little Monet's

Code 110401

Ages: 2 – 4 years (with parent)

(A1): Thursdays, October 2 – October 30

(B1): Thursdays, November 13 – December 18 (x 11/27)

Time: 10:15 – 11:00am

Where: Gibbs Gym, Lower Level Classroom

Cost: \$64 for 5 weeks!

Join us for a jam packed five weeks of ooey, gooey arts, crafts, stories, and songs. Make a mess & have some fun as your child creates age appropriate treasures. Each week the children will make new seasonal projects.

BIRTHDAY PARTY AT THE GIBBS GYM!!!

Arlington Recreation will book birthday parties
on Saturdays and Sundays throughout the year.

Birthday parties are in two-hour time blocks
and come with an experienced
birthday party coordinator.

**PLEASE CALL US AT
781-316-3880**

for more information or contact by email at
dmcgrath@town.arlington.ma.us

Toddler & Youth Classes

New! Viking Sports T-ball Clinics

Code 130107

Grades: Pre-K & Kindergarten

Dates: Mondays, September 22 –
October 27 (x10/13)

(A1): Pre-K, 2:00pm – 2:45pm

(B1): Kindergarten, 3:00pm – 3:45pm

Where: McClennen Park

Cost: \$72.00 for 5 weeks!



Join the Viking Sport Staff for this fun program, which will introduce children to catching, throwing, batting, running bases, and fielding. All players will hit and run the bases each inning - there will be no outs. Coaches will pitch, and batting tees will be used if necessary. We will use soft, safe baseballs. Please bring a glove and a water bottle. All players will receive a Viking Sports T-shirt.

Play Soccer

Code 120801

Ages: 2 – 5 years

When: Tuesdays, November 4 – December 16

(A1): Ages 2 & 3 meet from 2:30pm – 3:00pm

(A2): Ages 4 & 5 meet from 3:00pm – 3:30pm

Where: Gibbs Gym

Cost: \$65

This 5-week soccer program is designed to be an introduction to the sport of soccer for the budding superstar! The learning outcomes include trust, communication, social interaction, patience and a general improved interest in the sport of soccer. The technical outcomes are agility, balance, and coordination. Parents are encouraged to participate for ages 2/3.

Shoot For The Stars

Code 120903

Grades: 1 – 8

(A1): December 29 – December 31

Time: Mondays & Tuesdays, 9:00am – 3:00pm,
Wednesdays, 9:00am – 12 Noon,

Cost: \$115 for 3 days!

Where: Ottoson Middle School



Arlington High Basketball Coach Mike

Broderick and staff will be offering a winter basketball clinic designed to work on all fundamental skills that are needed to be a successful basketball player. Major emphasis will be placed on the art of shooting. Bring own lunch/snacks

Lets Learn French Classes for Tots and Preschoolers

Join instructor Lisa Richtman for this new fun class full of enrichment and language development. Lisa has been teaching French to preschoolers for the last nine years in a private pre-school. Lisa has her teaching degree from Columbia University and several certifications from the Office of Child Care.

Les Plus Petits Amis: 20 months – 3 years

Code 120107

Ages: 20 months – 3 years (with parents)

(A1): 6 Sessions, Wednesday, September 24 – October 29

Time: 9:45am – 10:30am

Where: Fox Library

Cost: \$110

This class will be an introduction to French for toddlers. Basic concepts such as colors, numbers, and greetings will be taught by using music and songs, movement, puppets, and stories. Class size limited to ten children and their parents/caretakers. Class will be 45 minutes in length.

Les Petits Amis: 3 – 5 years

Code 120107

Ages: 3 – 5 years

(A1): 6 Sessions, Wednesdays, September 24 – October 29

Time: 10:45am – 11:30am

Where: Fox Library

Cost: \$110

Using a thematic approach, this class will introduce French by using music and songs, movement, games, puppets, and stories. Class size limited to ten children. Children can be dropped off (no caretaker present). Class size limited to twelve children, and class session will be 45 minutes.



Quebrada Baking Co.

208 Massachusetts Avenue ~ Arlington, MA 02474
781-648-0700

www.quebradabakingco.com

Youth Classes

Play Soccer!

Code 120801

Ages: 3 – 6 years

Dates: Session B: Tuesdays, September 23 – October 21

Session C: Thursdays, Sept. 25 – Oct. 23

(B1): Tuesdays: 3:00pm – 3:45pm (3 & 4 years)

(B2): Tuesdays: 4:00pm – 4:45pm (5 & 6 years)

(C1): Thursdays: 3:00pm – 3:45pm (3 & 4 years)

(C2): Thursdays: 4:00pm – 4:45pm (5 & 6 years)

Where: McClennen Park

Cost: \$65 for 5 weeks!

This energetic program gives kids the opportunity to learn the fundamentals of soccer. Kids will participate in a variety of lessons and drills designed to familiarize them with teamwork, sportsmanship, and muscle coordination. Program not held in inclement weather!

Biddie Basketball

Code 130104

Ages: 4 – 7 years

(A1): Wednesdays, September 17 – October 22

(B1): Wednesdays, October 29 – December 10 (x: 11/20)

Time: 3:00pm – 3:45pm

Where: Gibbs Gym

Cost: \$60 for 6 weeks!

This program is designed to introduce the basic skills and game concepts for basketball. Modified hoops and smaller balls will be used for better handling and play. Unique games will be introduced.

Kindersports

Code 120301

Ages: 4 – 6 years

(A1): Thursdays, September 18 – October 23

(B1): Thursdays, October 30 – December 11 (x: 11/27)

Time: 3:00pm – 3:45pm

Where: Gibbs Gym

Cost: \$60.00 for 6 weeks!

If your child is unsure what his/her sport is or likes variety, join Kindersports! Introductory drills and unique games will be played in a fun, non-competitive atmosphere. Kids will also have the opportunity to make up games and activities on their own.

Weekend Warriors

Code 120302

Ages: 4 – 6 years

(A1): Saturdays, November 1 – December 13 (x: 11/29)

Time: 8:00am – 8:45am

Where: Gibbs Gym

Cost: \$60 for 6 weeks!

A weekend version of our popular Kindersports program...soccer, baseball, basketball and more. Introductory skills will be introduced and unique games will be played. Instructor will also gather suggestions from the group as to what they like to play. Focus on two different activities each session.

Little Dragons Karate

Code 120901

Ages: 3 – 4 years

(A1): Fridays, September 19 – November 21st

Times: 5:15pm – 5:45pm

Where: Gibbs Gym

Cost: \$216 for 10 weeks!



One of the best karate programs in the country taught by four-time world champion Steve Nugent. This class teaches proper stances, breathing, stretching, discipline, confidence and practical self-defense. This class also underlines the importance of nutrition, exercise, fire safety and stranger awareness. All uniforms are included in the class fee.

Animal Adventures

Code 120108

Grades: 1 – 5

(A1): Wednesdays, September 24 – October 15

(B1): Wednesdays, October 29 – November 19

Time: 3:15 – 4:15pm

Where: Gibbs School Lower classroom

Cost: \$75 for 4 weeks!

Come and meet animals from around the world. Each week students will be hands-on with animals from Australia, Africa, South America, Madagascar and animals from here in the United States. With Animal Adventures professional handlers they will learn not only about reptiles and mammals but they will learn about working and interacting with animals as well. Come and join us for a wild time! Join the Animal Adventures staff as they bring you a variety of new and exciting animals each week.

Good Sports

Code 120310

Grades: 1 – 3

(A1): Mondays, November 3 – December 8

Time: 2:30pm – 3:30pm

Where: Bishop School Gymnasium

Cost: \$60 for 6 weeks!

Sports, sports, and more sports! Grab your friends and sign up for this great program. Each week we discover a new sport, meet new friends, and seek new challenges. We play new and old games and have lots of fun learning about sportsmanship, team play, exercise, and skill development. Games may include basketball, floor hockey, new games, interactive play, relays and more!

Kans for Kids.

Donate clean, returnable bottles and cans to
benefit Recreation's Youth Activities.

Saturdays, 10:00am – 1:00pm.

Dates: October 4, November 1, December 6

Drop Off Location: Skating Rink (422 Summer Street)

Youth Classes

Level Gymnastics

Code 120101

Ages: 5 years and up

(A1): Saturdays, September 27 – November 1 (x: 10/18)

(B1): Saturdays, November 8 – December 13 (x: 11/29)

Where: Gibbs Gym

Time: 9:00am – 11:00am

Cost: \$75 for 5 weeks!

This new and improved level gymnastics class is a great way to learn proper gymnastics skills for all gymnasts' levels 1-5. Gymnasts will be placed in levels appropriate to their skills and will move to higher levels upon completion of the USGA routines. Events will include floor, beam, and vault. This class will be taught by Tanya Dall and her seasoned staff of gymnasts.

Advanced Tumbling

Code 120101

Ages: 7 years and up

(A2): Saturdays, September 27 – November (x: 10/11)

(B2): Saturdays, November 8 – December 13 (x: 11/29)

Time: 11:00am – 12:30pm

Where: Gibbs Gym

Cost: \$60 for 5 weeks!

This is a program for tumblers working intermediate to advanced skills. Tanya Dall and her seasoned gymnastics staff will be teaching skills from back handsprings to tucks as well as specialty passes with one or more elements in them. There will be extensive conditioning and flexibility drills.

Mad Science

Code 130311

Ages: 6 – 10 years

(A1): Mondays, October 6 – December 8 (x: 10/13, 11/10)

Time: 3:00pm – 4:00pm

Where: Fox Library Lower Level Meeting Room

Cost: \$110 for 8 weeks!

Join the Mad Science hands-on science fun. We're crazy about science...and hope you are too! In this program, we'll have a blast exploring science and how it affects the world around us. There will be exciting hands-on activities, spectacular demonstrations, inquiry-based discussions, and amazing projects to make and take home. We'll learn about electricity; investigate the powers of magnets; learn about optics, reflection and sight; and uncover the hidden components in ordinary light. We'll also explore the exciting world of sound and sound waves; experiment with our taste sensations; and learn about the properties of heat.

*Email comments, suggestions,
ideas, and concerns to
dmcgrath@town.arlington.ma.us*

Fencing

Code 120913

Ages: 7 – 11 years

Time: 5:00pm – 6:00 pm

Ages: 11 years– up

Time: 6:00pm – 7:00pm

(A): 10-Week Session, Thursdays, September 11 – November 20 (x: 10/9)

(B): 5-Week Session, Thursdays, December 4 – January 15 (x: 12/25)

Where: Gibbs Gym

Cost: \$150 for 10-week session and \$75 for 5-week session

Join us for this exciting sport — one of the fastest growing in the world! Fencing develops physical fitness, the ability to develop strategy and concentration, as well as camaraderie and respect. Learn fencing with Michael Tarascio, former member of the United States World Championship Team.

Little Ninjas Karate

Code 120901

Ages: 5 – 12 years

(B1): Fridays, September 19 – November 21

Times: 5:45pm – 6:30pm

Where: Gibbs Gym

Cost: \$216 for 10 weeks!

One of the best karate programs in the country taught by four-time world champion Steve Nugent. This class teaches proper stances, breathing, stretching, discipline, confidence and practical self-defense. This class also underlines the importance of nutrition, exercise, fire safety and stranger awareness. All uniforms are included in the class fee.

AWFFL – Arlington/Winchester Flag Football League

Code 130109

(A1): Grades 2 & 3

(A2): Grades 4 & 5

(A3): Grades 6 thru 8

Dates: Wednesdays, September 24 – November 5

Where: Arlington Home Field – McClennen Field

Time: 3:30pm – 5:00pm

Cost: \$49



In conjunction with Arlington Pop Warner and Winchester Recreation, we are excited to announce the continuation of the Arlington/Winchester 5v5 Flag Football League. This program is for boys and girls from Arlington and Winchester in grades 2 – 8. There will be three divisions. (Based on number of participants we may combine ages). Teams will consist of 10 – 12 players. Sign-up with friends or sign up individually.

This program will meet one a week in the Fall. For the first two weeks, each session will be a practice where basic flag football skills like passing, receiving, defense, and route running will be taught. For the final five weeks, games will be played. Games will be held in Arlington. VOLUNTEER COACHES ARE NEEDED.

All participants will receive a authentic AWFFL jersey in their favorite pro team's traditional colors and a mouthguard.

Youth Classes

Arlington Girls Lacrosse Club Fall Clinic 2008

Code 130314

Grades: 3 – 8

(A1): Sundays, September 21 – October 19 (x: 10/12)

Time: 6pm – 8pm

Cost: \$75 per person

Where: Peirce Turf Field

The Arlington Girls Lacrosse Club (AGLAX) invites all returning players, and any new girls (grades 3 – 8) who are interested in learning to play “the fastest game on foot,” to participate in our Fall 2008 Lacrosse Clinic. This development program will be held on the turf at Pierce Field in Arlington on four consecutive Sundays beginning on Sunday, September 21, 2008. The Fall Clinic is designed to give new and existing AGLAX players the opportunity to develop skills through various lacrosse structured activities including: catch-and-throw shuttle, cradling, ground ball shuttle, dodging, defense, offense, shooting, scrimmaging.

Anyone with questions about the Fall Clinic can contact the AGLAX Director, Dan Wiseman or Assistant Director, Ken Kohlberg at (781) 856-6418.



Cross Country

Code 130301

Grades: 5 – 8

(A1): Tuesday, September 16 – October 14

Time: 2:45pm – 4:00pm

Where: Meet and End at Ottoson Middle School

Cost: \$45 for 5 weeks!

The goal of this program is to stimulate a love for running by teaching them how to accelerate their own progress and success. It is our intention to offer an unforgettable growth experience regardless of age or ability. This running program creates a renewed energy and enthusiasm, and improved self-confidence - all keys to your growth as a runner, sprinter, vaulter, jumper, shot putter or hurdler. You'll get mileage from this experience for years to come!

Field Hockey League

Code 140403

Grades: 5-8

(A1): Mondays & Wednesdays, September 15 –

Time: 5:30pm – 6:30pm

Where: Summer Street Field

Cost: \$60 for 6 weeks!

Join us for this first-ever middle school field hockey league! The first four classes will consist of practice time, where participants will learn passing, driving, and game play. The remaining weeks of the program will consist of scrimmages with neighboring towns. Game schedule will be provided after program has begun. Shin, mouth guards, goggles, pads, and stick are required. Program not held in inclement weather.



Whiffle Ball

Code 130107

Grades: 6 – 8

(A2): Monday, September 22 – October 27 (x: 10/13)

Time: 3:00pm – 4:00pm

Where: Buck Field

Cost: \$50 for 5 weeks!

This class is sure to be a hit! Join Recreation Supervisor and avid whiffle ball player, Dan McGrath, for this program. Dan will help participants with the finer points of hitting and pitching. Games will be played and teams will be formed.

Learn To Cook True Italian Style

Code 120109

Ages: 7 – 12 years (Max: 10)

(A1): Thursday, October 2 – October 23

(B1): Week 1: Antipasti (appetizers)

(C1): Week 2: Primi (homemade ravioli from scratch)

(D1): Week 3: Secondi (typically a meat course)

(E1): Week 4: I Dolci E La Frutta (dessert & Fruit)

Time: 3:00pm – 5:00pm

Where: Fox Library Lower Level

Cost: \$35 each or all 4 for \$110

Italians love to eat! Come to this four week class to see what the fuss is all about. Learn how to create your own Italian feast, all from scratch. Each class, participants will leave with a dish that they have created in class, to be enjoyed in your kitchen at home!

Youth Intro to Kayaking

Code 110104

Ages: 10 – 15

Dates: Sundays, September 7, 14 and 21

Time: 1:00 – 3:00pm

Where: Spy Pond

Cost: \$100/person

Still River Outfitters, Inc. has come to Arlington to provide a fun, family-oriented way to enjoy the outdoors! All equipment is provided. This course is designed for beginners interested in recreational kayaking on calm waters, ponds and lakes. We will cover equipment, safety, strokes, maneuvers, and demonstrate wet-exits and self-rescue techniques. The class is hands-on and with a lot of time spent on the water demonstrating. Children will learn in a cooperative environment with peers; skills will be practiced through exciting games and fun challenges. Program meets at Linwood Street Circle.



All Ages Beginner Badminton Lessons

Arlington Recreation is working with an instructor to offer lessons Mondays evenings from 6:00pm–7:00pm. Details are currently being worked out. For more information please call Arlington Recreation at 781-316-3880.

Youth Classes

Baby Sitting Training with Winchester Hospital

Code 120904

Grades: 5 – 8

(A1): Monday – Thursdays, October 6 – October 9

(B1): Monday – Thursdays, December 1 – December 4

Where: Senior Center on Academy St.

Times: 3:00pm – 4:30pm

Cost: \$90 per 4 day session!

The Babysitter's Training is a course designed for those interested in becoming responsible babysitters. Students learn: Characteristics of children, basic care such as feeding, changing and holding, supervising and playing with children, accident prevention, proper emergency response, basic first aid for common injuries and illnesses. Students receive appropriate certifications from Winchester Hospital

MCAS Prep

Code 120110

Grades: 3 – 5

(A1): Tuesdays, September 16-November 4

Time: 3:15-4:15

Where: Gibbs School

Cost: \$175 for 8 weeks!

Is your child ready for MCAS? This comprehensive one-hour session will help your child review test-taking strategies, develop writing responses, as well as computation skills in the mathematics section.

Reading Comprehension

Code 120110

Grades: 1 – 3

(B1): Thursdays, September 18 – November 6

Time: 3:15pm – 4:15pm

Where: Gibbs School

Cost: \$175 for 8 weeks

Does your child understand what he/she is reading? Taught by a Literacy Specialist with 20 years experience, your child will learn how to be an effective and active reader, as well as use phonics skills embedded in writing and word-attack strategies to become a more independent learner!

We are looking for your used sporting goods!

Are you looking to get rid of your old skates, baseball gloves, tennis racquets, bats, ski's, lacrosse gear or cleats. Please consider dropping them off at Arlington Recreation the week of September 22, 2008. Arlington Recreation will then be having a used sporting goods sale on Saturday, October 4th from 10:00am – 1:00pm at the Arlington Sports Center. For questions or to make donation arrangements, please contact Dan McGrath at 781-316-3884.



Youth Art Classes

"Take a trip with me, but watch out!

Strange creatures lurk about

Code 120111

Grades: 3 – 8

(A1): Mondays, September 22 – November 10 (x: 10/13)

Times: 7:15pm – 8:15pm

Where: TBA

Cost: \$110 (includes 6 hours of class time plus materials)

We will travel under the ocean to make colorful fish and penguin magnets out of polymer clay. We'll learn about the dragons of Asia and Europe and make a 3-D dragon out of tissue paper and poster board. We will look at the mythical creatures of Greece and design our own mythical beast out of oil pastels. In India we will study Mehndi henna designs and use them to decorate our hand monsters. And finally we will look at the Gargoyles of France and create our own Gargoyles out of clay.

"Let's Get Messy Making Masks!"

Parent – Child Class

Code 120111

Grades: 3 – 8

(B1): Saturdays, 9/27, 10/4

Location: Basement of the Gibbs Gymnasium on Tufts Street

Times: 10:00am – 11:30am

Cost: \$50 (includes 3 hours of class time plus materials)

Masks molded from your own face! Come prepared to get messy. First we'll look at some masks from different cultures. Then use plaster cloth to make molds from each other's faces. In the second session we'll use paint and other items to add features to our masks. What's the meaning behind your mask?

Weekend Tennis Clinics

Dates: Saturdays and Sundays, September 6 – October 26



All programs held at Crosby Courts, Winter St., Arlington, MA. except the the Tuesday lessons will be held at the Spy Pond Courts across from the Boys and Girls Club. All programs are run by Gordon Graham Tennis, LLC (GGT) and sponsored by the Arlington Recreation Department

5 – 6 years old

QuickStart for Beginners

Code 120908

(C1): 8 sessions, Saturdays, September 6 – October 25

Time: 9:00am – 9:50am

Cost: \$120.

Modeled after the United States Tennis Association's QuickStart program, this GGT program is designed to give youngsters ages 5-6 a fun and successful jump start in tennis. GGT instructors will use mini-nets, a 36' court, and foam or low-compression balls in teaching basic skills and principles of the game. Players will be taught rallying skills, serving skills and receiving the ball skills. In addition, they will learn about fairness, and they will begin to understand winning and losing, and how to work with other children. Participants need a 19, 21, or 23-inch racket.

7 – 8 years old

QuickStart for Beginners and Advanced Beginners

Code 120908

(D1): 8 sessions, Saturdays, September 6 – October 25

Time: 10:00am – 10:50 am

Cost: \$120.

Modeled after the USTA's QuickStart program, this GGT program is designed to give beginners and advanced beginners, ages 7-8, a fun and successful tennis experience. GGT instructors will use mini-nets, a 36' court, and foam or low-compression balls in helping the players learn the basic skills to play tennis as quickly as possible and to enjoy the experience of hitting balls over the net. They will be taught rallying skills, serving skills, returning skills, and net-play skills. They will learn the rules, scoring and appropriate behavior as part of their training. And they will get to play. Participants need a 21, 23, or 25-inch racket.

GGT Staff

Gordon Graham, M.A., PTR-certified instructor: Head Coach of Harvard Women's Tennis (1990-2007); Founder, Co-Director, and Co-Owner of The Tennis Camps at Harvard (1991-2007); Director of The Harvard Jr. Tennis Development Programs (HJTDP) (2007-08). Graham, an Arlington resident, will direct all programs, plus hire, train and oversee all instructors.

9 – 10 years old

QuickStart for Beginners and Advanced Beginners II

Code 120908

(E1): 8 sessions, Saturdays, September 6 – October 25

Time: 11:00 am – 12:00 p.m.

Cost: \$125.

Modeled after the USTA's QuickStart program, this GGT program is designed to give beginners and advanced beginners, ages 9 –10, a fun and successful tennis experience. GGT instructors will use a 60' court, the regular net, and a low-compression ball; participants will need a 23 or 25-inch racket. This program will help the players develop the skills needed to participate in different tennis situations by teaching proper stroke technique, and basic tennis strategy and tactics.

8 – 12 years old

Junior Development Program for Intermediates and Advanced

Code 120908

(F1): 8 sessions, Sundays, September 7 – October 26

Time: 9:00 – 10:20 am

Cost: \$192.

This program is focused on training intermediate and advanced players to become well-rounded competitors, firmly grounded in good mechanics and sound strategy. The program will include competitive drilling, match play with analysis, proper instruction based on scientific principles, and a FUN, positive environment.

13 – 17 years old

Teen Tournament Training Program for Intermediate and Advanced

Code 120908

(H1): 8 sessions, Sundays, September 7 – October 26

Time: 10:30 am – 12:00 p.m.

Cost: \$216.

This GGT program is designed for experienced teenage players who are interested in competing in tournaments and/or for their high school team. Players will learn good mechanics and sound strategy. There will be competitive drilling, match play with analysis, proper instruction based on scientific principles, and a FUN, positive environment. Train like a college team with veteran Harvard tennis coach, Gordon Graham.

Matt Siegel, B.A., USPTA-certified instructor: One of the best instructors ever at The Tennis Camps at Harvard where he worked for two summers. Assisted Graham in the HJTDP (2007-08), and in GGT's spring 2008 clinics. Matt loves teaching tennis to children.

Mike Fitzgerald: An outstanding student-athlete who just completed his freshman year at Tufts. An all-star and team captain in both tennis and soccer at Arlington HS. Great with children!

Weekday Tennis Clinics

Mondays through Thursdays, September 8 through October 30. Week of November 3 used as rain dates.

5 – 6 years old

QuickStart for Beginners

Code 120908

(A1): 8 sessions, Tuesdays September 9 – October 28

(B1): 8 sessions, Thursdays September 11 – October 30

Time: 3:00 – 3:50 p.m.

Cost: \$120 per section.

7 – 8 years old

QuickStart for Beginners and Advanced Beginners

Code 120908

(A2): 8 sessions, Tuesdays September 9 – October 28

(B2): 8 sessions, Thursdays September 11 – October 30

Time: 4:00 – 4:50 p.m.

Cost: \$120 per section.

9 – 10 years old

QuickStart for Beginners and Advanced Beginners II

Code 120908

(A3): 8 sessions, Tuesdays September 9 – October 28

(B3): 8 sessions, Thursdays September 11 – October 30

Time: 5:00 – 6:00 p.m.

Cost: \$125 per section.

8 – 12 years old

Junior Development Program for Intermediate and Advanced

Code 120908

(A4): 8 sessions, Mondays September 8 – October 27

(B4): 8 sessions, Wednesdays, September 10 – October 29

Time: 4:50-6:10 p.m.

Cost: \$192 per section.



13 – 17 years old

Teen Tournament Training Program for Intermediate and Advanced

Code 120908

(A5): 8 sessions, Mondays September 8 – October 27

(B5): 8 sessions, Wednesdays, September 10 – October 29

Time: 3:15 – 4:45 p.m.

Cost: \$216 per section.

The Arlington Recreation Department Fall Program 2008 was designed and composed by



Lightning Design

PRINT DESIGN AND PRODUCTION

lightningdesign@comcast.net

Friday Tennis Classes

**Instructor Ira Kemp,
Arlington Recreation Tennis Pro**

Parent/Child Tennis

Code 130102

Ages: 3 – 8 (with parents)

(A1): Friday, September 12 – October 17

(10/24 rain makeup, if needed)

Time: 6:15pm – 7:00pm

Where: Crosby Tennis Courts

Cost: \$60 for parent/child pair (2nd child participation, add \$20).

Join Ira Kemp, 29-year tennis pro, for a one-of-a-kind program. Instruction will be given in the fundamentals of the game to both parent and child. Emphasis will be placed on the parent learning to coach. Both participants will be involved in skills, drills, and the mechanics of this wonderful sport.

Junior Tennis

Code 120303

Ages: 5 – 7

(B1): Friday, September 12 – October 17

(10/24 rain makeup, if needed)

Time: 3:00pm – 3:50pm

Where: Crosby Courts **Cost:** \$66 for 6 weeks!

Enjoy 50-minute lessons focusing on the basic tennis skills. This program is ideal for those who have never played before or have had some introduction to the sport. In an enjoyable and supportive environment, we introduce motor skill development, grips, balance, and basic strokes. Does not meet in inclement weather.

Tennis for Advanced Beginners

Code 120303

Ages: 7 – 10

(C1): Friday, September 12 – October 17

(10/24 rain makeup, if needed)

Time: 4:00pm – 4:50pm

Where: Crosby Courts

Cost: \$66 for 6 weeks!

This program offers 50-minute lessons focusing on the advanced beginner tennis skills. Ideal for those who have taken lessons in the past and are ready to take their ability to the next level. Program will polish motor skill development, grips, balance, and strokes. Program does not meet in inclement weather.

Youth Basketball Programs

Gear Up for Winter!

Grades K – 2

Basketball Clinic Code 220401

Clinic Dates: Saturdays, January 10, 2009 – February 28, 2009

(A1): Kindergarten, 11:30am – 12:15pm

(A2): Grade 1, 12:30pm – 1:15pm

(A3): Grade 2, 1:30am – 2:15pm

(A4): Grade 1 and 2, 2:30pm – 3:15pm

Location: Gibbs Gym

Program Fee: \$64 per participant
(T-shirts provided)

Basic skills will be introduced using drills and games. Instruction and games will be emphasized using 8-foot baskets and youth balls. Volunteer coaches are needed. If you are interested in assisting with the program, please contact Arlington Recreation at 781-316-3880. Please note that this program relies on volunteers... we'd love your help!!!

Grades 3 – 8

Youth Basketball League

League Dates: Saturdays, December 6, 2008 – February 28, 2009
(The league will not meet on Dec 27)

Times: **(A4):** Girls Grades 3, 4 & 5 8:25am – 9:45am
(A1): Boys Grades 3, 4 & 5 10:00am – 11:30am
(A2): Boys Grades 6 – 8 11:45am – 1:15pm
(A3): Girls Grades 6 – 8: 1:30pm – 3:00pm

Location: Ottoson Middle School

Fees: \$85 per participant

Teams will be organized. The recreational program will begin with skill development and practices, followed by games the second half of the season. Volunteer coaches are needed at all levels. Please note that this program relies on volunteers. All those interested in participating in the program must register in advance. Fees must be paid at the time of enrollment. Enrollment is limited. Game shirts will be provided. Parents and spectators must wait in the lobby or stage area, away from the court. Please, no food or drink in the gym.



Grades 5 – 8

Competitive Travel Basketball

Tryouts held Saturday & Sunday, November 1st and 2nd

League Dates: Beginning the week of November 10th and ending approximately March 1st

Fees: \$225 per participant (paid upon acceptance into the league)

Location: Varies between: Ottoson Middle School, Bracket Elementary School, and Gibbs Gym

Tryout Schedule: All tryouts are at the Ottoson Middle School

Grade/Gender	Time	Gym
(A1): Grade 5 – Boys	11:30am – 1:00pm	Lower
(A2): Grade 5 – Girls	1:00pm – 2:30pm	Lower
(A3): Grade 6 – Boys	1:00pm – 2:30pm	Upper
(A4): Grade 6 – Girls	2:30pm – 4:00pm	Lower
(A5): Grade 7 – Boys	2:30pm – 4:00pm	Upper
(A6): Grade 7 – Girls	11:30am – 1:00pm	Upper
(A7): Grade 8 – Boys	5:30pm – 7:00pm	Upper
(A8): Grade 8 – Girls	4:00pm – 5:30pm	Upper

This is a competitive, travel basketball team. All interested participants must attend tryouts, held Saturday and Sunday, November 1 and 2 at Ottoson Middle School.

Tryouts are free. Payment for this league will be collected once participants have been notified of successful tryout.

Coaches will notify players soon after regarding the outcome of the tryout. Once notified, participants must register and pay for program at Arlington Recreation Department before allowed to participate in practices. At the time of registration, all participants will receive game shirt and practice schedule.

Each team will practice twice weekly at one of the following locations: Ottoson Middle School, Bracket Elementary School, or Gibbs Gymnasium. Practices WILL NOT BE held if school is cancelled due to inclement weather and during school vacation; however, individual coaches may opt to hold special practices during this time at alternate locations. Practices WILL BE held on early release days.

Please remember that all schedules are subject to change and may occasionally be affected by special school activities. If you have questions or are unsure about your schedule, please contact your coach directly.

Winter Ski Lessons at Nashoba Valley Ski Area



The Learn to Ski Program provides ski or snowboard lessons, lift tickets and transportation to the Nashoba Valley Ski Area in Westford, MA.

When: Four Wednesdays, January 7-January 28 Code 220906

Time: 3:30pm – 7:30pm (times are approximate). Lessons are scheduled for 5:15pm.

Fee: \$179 per participant. Each week participants will have time for free ski before lessons begin.

Who: The program is open to boys and girls in grades 3 – 8

Transportation: Busses will meet and load in front of the Arlington Sports Center. Grades 3-8 will begin boarding at approximately 3:30pm. Return location will be McClennan Park (located on Summer Street on the Arlington/Lexington line).

If a session needs to be cancelled due to inclement weather, the session will be made up the following Wednesday.

Please note that registration numbers are limited and accepted on a first-come, first-serve basis. Parent volunteers are allowed to ski/snowboard for free, but must attend all four weeks of the program. Parent volunteers are assigned to same group for the entire program and are responsible for taking attendance, assisting with equipment rental, and chaperoning participants at Nashoba Valley. Volunteer spaces are limited. If you are interested in being a parent volunteer, please contact Arlington Recreation at 781-316-3880.

Equipment Rental: There will be a mandatory fitting on Monday, December 8th from 5:30pm – 6:30pm in the lower level classroom of the Gibbs Gymnasium. Rentals are an additional \$70.00 for the season, checks payable the night of the fitting directly to Nashoba Valley. If you do not make this fitting date, it will be necessary to go to Nashoba on your own before the first session for a private fitting. Helmets will also be sold at the fitting for \$50.00.

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Keep Up To Date On Events, Latest Class Offerings, Cancellations, And Recreation Updates **Subscribe To Recreation E-News!**

The Town of Arlington has implemented a new way of keeping its residents informed of events and meetings that are occurring in the town. Whenever a new event or document is posted to the Web site you have an opportunity to receive a copy of that posting in your personal E-Mail box, automatically.

Just visit www.arlingtonma.gov and click "SUBSCRIBE TO NEWS." You will be asked to provide you email address and choose what announcements interest you. Click "SEND MY REQUEST" and you are all set. It's that simple!

Adult Programs

Open Basketball

Ages: 18 & up

Date: Every Tuesday starting September 23

Time: 7:00pm – 9:00pm

Where: Ottoson Middle School, Upper Gym

Cost: \$8/day OR \$75/10 nights

Badminton

Code 140103

Ages: 16 years and older

(A1): Thursdays, September 11 – December 18 (x:11/27, 12/25)

Time: 7:00pm – 10:00pm

Where: Cyrus E. Dallin Elementary School Gymnasium

Cost: \$112 for 14-week season pass

The Badminton Club is open to all adults. Play is almost exclusively doubles, but there are not regular partnerships. Instead, a "Ladder System" is used to arrange even strength matches, as well as to diversify partnerships throughout the evening. Three courts are available. Passes are available for sale at the Recreation Office (422 Summer St.) or at the program. Only 32 passes will be sold per season, so space is limited!

Adult Tennis

Code 140104

Ages: 18 & up

(A1): Beginner

Friday, September 19 – October 24

6:15pm – 7:00pm

(A2): Advanced Beginner

Thursday, September 18 – October 23

6:15pm – 7:00pm

(A3): Intermediate

Wednesday, September 17 – October 22

6:15pm – 7:00pm

(A4): Supreme

Tuesday, September 16 – October 21

6:15pm – 7:00pm

(A1): Parent/Child*

Monday, September 15 – October 20

*(Code 140104)

6:15pm – 7:00pm

Where: Crosby Tennis Courts (Winter Street)

Cost: \$70 for 6 weeks!

This program offers 45-minute lessons focusing on the advanced beginner tennis skills. Ideal for those who have never played or have taken lessons/played years ago or and are ready to take learn new skills. Program will polish motor skill development, grips, balance, and strokes. Program does not meet in inclement weather.

Family Programs

Mommy/Daddy and Me Kayaking

Code 110104

Dates: Sundays, September 7, 14 & 21

Time: 11:30am – 1:00pm

Where: Spy Pond

Cost: \$90/adult-child pair

This program was developed by Still River Outfitters, Inc. to address the growing number of active adults starting families. In addition to basic paddling skills and safety considerations, we help parents adapt our proven strategies to comfortably paddle with a toddler. This class is taught in stable recreational kayaks where the child sits safely between your legs in the kayak's cockpit. This class is appropriate for parents and their child between ages 1 and 5.

Introduction to Kayaking

Code 110104

Dates: Sundays, September 7, 14 & 21

Time: 5:30pm – 7:30pm

Where: Spy Pond

Cost: \$100/person

Introduction to Kayak is a 6 hour program that emphasizes safety, enjoyment and skill acquisition in "recreational" kayaks. This instructional program's introduction to safe and efficient paddling is also relevant for river and touring/sea kayaking.

Geo-caching

Code 140407

Dates: Sundays, November 2, 9 & 16

TIME: 11:00am – 1:00pm

Where: To be announced

Cost: (A1) Adult \$75.00

(B1) Parent/child \$100.00

This course is focused on the up-and-coming activity of Geo-Caching, a modern day treasure hunting experience. You will learn how to get coordinates for a geo trip and learn the skills necessary to use a GPS system. Later on we will use the GPS to find a treasure of our own. This course is designed to be enjoyed by individuals, couples and families. Come on out and try something new!

Snowshoeing/Winter Hiking

Code 140408

Dates: Sundays, January 4, 11, & 18

Time: 3:30pm – 5:30pm

Where: To be announced

Cost: (A1) Adult \$85.00

(B1) Parent/child \$115.00

Winter in New England is unique. Come learn a fun and healthy way to enjoy and appreciate this special time of year! Explore local conservation areas as a family, couple or individual. Get outdoors, get some exercise and enjoy a new favorite pastime while learning the basics of snowshoeing and winter hiking. Snowshoes will be provided for all adults and those children who are capable of effectively moving on their own for extended periods. Parents should bring sleds or baby backpacks to carry younger children. This course is designed to run whether or not there is snow.

Adult Programs

Intro to Dog Agility

Code 140406

Ages: Dogs aged 7 – 12 years (Max: 10)
(A1): Mondays, September 8 – October 6
(B1): Mondays, October 20 – November 17
Time: 9:00am – 10:00am
Where: Wellington Park on Grove Street
What to Bring: Doggie treats, 6-foot leash
Cost: \$150.00.

Agility is one of the most exciting canine sports. In agility class, a dog demonstrates it's agile nature and versatility by following cues from the handler through a timed obstacle course. This class will focus on safe and correct obstacle course performance and fundamental handling skills. Obstacles include jumps, tire jump, tunnel, chute, weave poles, see-saw, dog walk and pause table.

Already completed at least one agility class? Then join us to further advance your skills! Courses will be designed and practiced for students who are beginners or those at a more advanced level. There will be 2 instructors. Minimum 3 and maximum 12 students.

Pre-Requisite: Basic control over leashed dogs. Dogs that display aggressive manner towards dogs or people will not be permitted. Please provide proof of current rabies, distemper and parvo vaccinations at first class. Please wear comfortable clothes and closed toe shoes (no flip flops).

Meet the Recreation Department Staff

Joseph Connelly
Director of Recreation

Dan McGrath
Program Supervisor

Laura Munsey
Administrative Assistant

Dave Cunningham
Facility Supervisor

Mark Linskey
Maintenance Craftsman

Parks & Recreation Commission

Nancy Campbell

Leslie Mayer

Jim Robillard

Jen Rothenberg

Don Vitters

Arlington Parks, Fields, And Facilities

Inclement Weather/Field Closing Line: 781-316-3886, (updated at approx. 2PM daily)

To request the use of a field or park for special event or outing, please submit a field permit request to Dan McGrath, Program Supervisor, at www.arlingtonma.gov, "recreation," "parks and fields," "field use request." Downloadable permit form can also be found on Rec website.

Bishop Field: Bishop School (25 Columbia Road). Summer Street to Dunkin Donuts, left onto Mystic street, take another left onto Columbia Road.

Buck Field: 422 Summer Street. Field is located on the right of Arlington Sports Center (Rink).

Buzzell Field: 29 Summer Street.

Florence Field: Dallin School-185 Florence Avenue. Coming From Mass Avenue, turn on to Park Avenue then turn right onto Florence Avenue.

Gibbs Gym: Mass. Ave towards Cambridge. Second left after Walgreen's onto Tufts St.

Hibbert Playground: Hibbert Street.

Hill's Hill Field: 422 Summer Street on the far right of Arlington Sports Center (behind Buck Field).

Hurd Field: Located on Drake Rd. going down Mass Ave towards the Heights, behind Trader Joes and Walgreen's.

Lussiano Field: North Union Street at Thompson School. Off Broadway in East Arlington take left after Dunkin Donuts.

Magnolia Field: On Herbert St. /Magnolia St. Take Mass Ave. towards Cambridge, after the Lake St. intersections take your 4th right.

McClennan Park: On Summer Street near Lexington border

Menotomy Rocks Park: On Mass Ave going towards Cambridge, take right on Jason St. and go straight through the four-way stop. Park on right.

Ottoson Field: Take left after Saint James Church on to Appleton and left on Acton St.

Poet's Corner: Off Route 2 on Dow Ave.

Robbins Farm: Off Park Ave in the Heights. Turn left onto Eastern Ave. across from Brackett School.

Robbins Library: 700 Mass Ave.

Scannell Field: Mass Ave. towards Cambridge. Go past Walgreen's. Take a right after the set of Lights onto Linwood St.

Spy Pond Field: Turn onto Pond Lane across from the Boy's and Girl's Club.

Summer Street Field: 422 Summer St. on the left of the Sports Center (rink) on the corner of Forest

Thorndike Field: On Margaret St. Take Lake St. Off of Mass Ave. go past Hardy School and take left onto Margaret Street all the way to the end.

W. A. Peirce Field: Behind Arlington High School.

Whitmore Robbins House: 700 Mass Ave. Turn into the Robbin's Library parking lot and follow drive.

General Information

Payment

Payment must accompany all registrations. Checks should be made payable to "Arlington Recreation." MasterCard, Visa, and Discover are accepted. If registering via fax (781-641-5495), please use the downloadable registration form at www.arlingtonma.gov under "downloadable forms and permits." If choosing to register on-line, please visit www.arlingtonma.gov (Town Website) and click "recreation" to navigate to our homepage.

If registering for the first time with Arlington Recreation, you will need to create a household account. Please call 781-316-3880 if you experience difficulties. We do not take phone registrations, sorry!

Non-residents are assessed an additional \$5 fee on each program.

Financial Aid

Financial assistance may be available thanks to a Community Development Block Grant program awarded to Arlington Recreation. For eligibility information, contact the Recreation Office. Forms may also be downloaded at www.arlingtonma.gov.

Refunds

There will be NO REFUNDS unless a program is cancelled by Arlington Recreation. In the event that participants must cancel, household credit requests must be submitted in written form to the Director of Recreation. If approved, the percentage of credit may vary. *If you cancel after the start of a program, no credits or refunds will be given*

Participants Responsibility

We ask that all participants respect the staff, other participants, program equipment, age requirements, and facilities when participating in programs offered by Arlington Recreation. If participants fail to cooperate with the rules, Arlington Recreation reserves the right to dismiss or suspend a participant in any program without a refund.

ARLINGTON HOME REHABILITATION PROGRAM



1.75% interest loans
available to Arlington,
owner-occupied,
income-eligible
homeowners.

781-316-3436

Attention Parents

All program participants are encouraged to bring water and snack to the programs, however, due to increased nut allergies, please do not bring or send items containing nuts for snacks and lunches.

Inclement Weather

Please call the Field and Program Cancellation Line at 781-316-3886 to receive inclement weather updates on programs and fields operated through Arlington Recreation.

The Department of Public Works makes the decision regarding field cancellations. Once a determination has been made, the inclement weather hotline and the website are updated for your convenience. It is also our policy that if Arlington Public Schools close due to weather related issues, our programs will also be cancelled.

Cancellations

We reserve the right to cancel or postpone a program due to low enrollment. If a multi-session program must be cancelled due to inclement weather or other unforeseen circumstances, refunds or program credits will not be given, however we will do our best to reschedule.

Course Confirmation

No confirmation for registering via fax or mail will be sent. A participant is registered ONLY when payment is received. If at any time, there are questions regarding your household account, please log onto www.arlingtonma.gov to view your household account history.

Special Needs

Participants with special needs are encouraged to attend all of our programs. Staff members are sensitive to their needs and will do everything possible to assist. If you are unsure about program registration, call regarding specifics.

Volunteer Opportunities

Arlington Recreation greatly depends on volunteers to support all of our programs and special events. If you are interested in volunteering, there are a variety of programs and activities looking for a caring heart, a specific skill, and a helping hand! Contact us for openings. Thanks to all who have already given their time and energy!!!

Scholarship Fund

In order to continue offering quality programs at affordable costs, when registering, please consider donating to our scholarship fund. Arlington Recreation's goal is never to turn away an interested participant due to economic hardship. With your help, we will be able to continue this practice. If you choose to donate to the scholarship fund, please be sure to check the donation box on the registration form. Thank you!

Registration Form

Recreation Department Phone Numbers

Main Number
781-316-3880

Fax Number
781-641-5495

Field/Program Cancellation
781-316-3886

Ice Rink
781-316-3887

Mission Statement

Arlington Recreation, a self-sustaining Division of the Town, offers safe, quality and affordable programs and facilities for citizens of all ages and abilities.

Our staff members are qualified professionals, dedicated to serving the community with excellence and pride.

**COLDWELL
BANKER**

Residential Brokerage

Lynne Lowenstein
637 Mass. Ave.
Arlington, MA 02476
Mobile: 781.603.6260



Participant's Name:		Grade & School:	
Address:		City, Zip:	
Home Phone:		M / F DOB:	
Allergies/Medications/Limitations?:			
PARENT/GUARDIAN INFORMATION			
Guardian:		Cell Phone:	
Business Phone:		Email:	
EMERGENCY INFORMATION			
Name:		Phone:	
PROGRAM REGISTRATION SECTION			
CLASS	SECTION	TIME	FEE
1.			
2.			
3.			
<p>I, the undersigned parent/guardian of _____, a minor, do hereby consent to my child's participation in voluntary athletic or recreation programs of the Town of Arlington-Recreation Division. I also agree to forever release the Town of Arlington, Arlington Recreation, and all their employees, contractual agents, commission members, volunteers and any and all individuals and organizations assisting or participating in voluntary athletic or recreation programs of the Town of Arlington-Recreation Division ("the Releases") from any and all claims, rights of action and causes of action that may have arisen in the past, or may arise in the future, directly or indirectly, from personal injuries to my child or property damage resulting from my child's participation in the Town of Arlington-Recreation Division's voluntary athletic or recreation programs. I also promise, to indemnify, defend, and hold harmless the Releases against any and all legal claims and proceedings of any description that may have been asserted in the past, or may be asserted in the future, directly or indirectly, arising from personal injuries to my child or property damage resulting from my child's participation in the Town of Arlington – Recreation Division's voluntary athletic or recreation programs. I further affirm that I have read this Consent and Release Form and that I understand the contents of this Form. I understand that my child's participation in these programs is voluntary and that my child and I are free to choose not to participate in said programs. By signing this Form, I affirm that I have decided to allow my child to participate in the Town of Arlington-Recreation Division's athletic and recreation programs with full knowledge that the Releases will not be liable to anyone for personal injuries and property damage my child or I may suffer in voluntary Arlington Recreation athletic or rec. programs.</p>			
SIGNATURE _____			
Credit Card Payment: MC or VISA: Card # _____			
EXP. _____ SIGNATURE _____			

Downloadable application forms and field permit applications online at www.arlington.ma.gov

Arlington Recreation Inaugural Golf Tournament

**MONDAY, SEPTEMBER 29, 2008,
HILLVIEW COUNTRY CLUB, NORTH READING, MA**

12:30pm: Registration • 1:30pm: Shotgun Start

\$125 per player

Checks payable to Arlington Recreation

18 Hole – Scramble, 2-Mulligans, Carts

Donuts and Coffee

Southwestern Buffet Lunch

Top 3 Places in Each Division Receive Awards

Long Drive, Closest to Pin,

Closest 2nd Shot Competitions



Divisions will be formulated based on team handicap, each group must use 2 drives from each member of the foursome.

Net proceeds of the event will go to the Arlington Recreation Department & Arlington Sports Center. Arlington Recreation & the Arlington Sports Center are 100% self-supporting enterprise funds. Help us continue to offer quality programming and services at a reasonable cost.

**SPONSORS: ANY BUSINESS OR INDIVIDUAL INTERESTED IN SPONSORING A HOLE FOR \$150
OR MAKING A DONATION, PLEASE CALL JOE CONNELLY AT 781-316-3881.**

Advertise Your Business at the Veteran's Memorial Skating Rink!!!

Would you like Arlington Recreation to help you get the word out about your services or an upcoming event? Need more exposure in Arlington and the surrounding area?

Would you like to support Arlington Recreation?

There are yearly options available for businesses to advertise at the Veterans Memorial Ice Rink!!!

Options include banners, illuminated signage, Zamboni, scoreboard, or seasonal brochure.

Over 12,500 copies distributed each season!

Call Dan McGrath at 781-316-3884 for more information.

Current Advertising Participants

Arlington Cal Ripken

Coldwell Banker

NSTAR

Brookline Bank

Holovak & Coughlin

Palmer's Garage

Central Bank

Hockey Club

Patrolman's Assn.

Century 21

Patrick Hourican Plastering

Paul Scull, DMD

Leader Bank

Seaboard Mechanical

Children's Fund

Mill Brook Animal Clinic

Sports, Etc.

Arlington Recreation Department
422 Summer Street
Arlington, MA 02474

Arlington Recreation...
Sign Me Up!
Register Online at
www.arlingtonma.gov

Non-Profit Org.
U.S. Postage
PAID
Boston, MA
Permit No. 59927